

Sterling Council on Aging
Living Out Our Sterling Years Together

September 2016

celebrate!

GRAND OPENING

Come check out our NEW Senior Center!

October 2, 2016 1pm-4pm

FOOD, RAFFLES, MUSIC, SPEAKERS and TOURS

MESSAGE FROM THE INTERIM DIRECTOR:

Hard to believe that summer is coming to an end and fall is here! We hope you have had a relaxing Summer. The Senior Center has been very busy since our opening in May. We have added new classes and events for the Fall. We are open to suggestions for new ideas. If you do not see something that interests you, let us know what you would like to see. Come visit us and check out our new patio partially funded by Clinton Savings bank. We look forward to your visit. *Nickole*

Senior Center Staff

Interim Director: Nickole Boardman nboardman@sterling-ma.gov

Outreach Aide: Hollie Lucht hlucht@sterling-ma.gov

Drivers: Pam Dell, Lou Massa, Denis Coughlin, Robert Protano, Gloria Rugg

COUNCIL ON AGING HOURS: Monday-Wednesday : 8:00am—4:00pm

Thursday: 8:00am—8:00pm Friday: 8:00am—12:30pm

OFFICE: 978- 422-3032 FAX: 978-422-9916

Please note: Our old kitchen phone number 978 422-8022 is no longer in service

PEN PAL PROGRAM

Last school year's Pen Pal program was a HUGE success! We had 24 seniors paired up with students from Mrs. Miller's 4th grade class at Houghton Elementary school. They wrote (typed) each other about once a month and had a great time learning about each other! This was an exciting program for both seniors and the children. If you are interested in becoming a Pen Pal, please call Nickole at the Senior Center and sign up. 978 422 3032

THE HAPPY TRAVELERS TRIPS LIST

Contact: Gladys Mellow At: 508-835-4312, cell phone 508-612-5312Or via e-mail: glady2@verizon.net

Make check payable to:Happy Travelers & mail checks to: 33 Hillside Village Drive, West Boylston MA 01583

2016 Trips

October 1 (Sat) Friesian of Majesty and lunch, Vermont	\$99.00
Oct 15 (Sat) Edith Wharton & Norman Rockwell with lunch	\$109.00
Nov 5 (Sat) Cranberries, Chocolates, Lunch and Wine	\$92.00
Dec 11 (Sun) Stocking Stuff and Christmas Lights	\$99.00

2017 Trips

Mar 17 (Fri) A Mystery Tour of New England City with 2 attractions and lunch	\$89.00
Apr 8 (Sat) the Broadway Show "ONCE" in CT (lunch at Curtis House Inn)	\$139.00

Price per person. Overnight trips are based on two people per room—single and triple rates available.

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date the refund will only be sent if you or we can fill your seat.

ON THE ROAD AGAIN TRIPS

Sept 22– The Big E (Eastern State Expo)

Oct 20– Turkey train ride– Meredith, NH. Enjoy a turkey dinner aboard a train.

Cost: \$70 includes bus, drivers gratuity, dinner and train ride.

Nov 10– Newport Playhouse "Last of the Red Hot Lovers" Cost: \$88 includes bus, driver's gratuity, buffet lunch, play and cabaret.

Dec-Christmas Show– more info coming

Contact: Mary Lajoie 978 827 4882 to book

TRANSPORTATION

We provide transportation on our 2 senior vans. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. Please call at least 48 hours in advance to make a reservation. Available Monday—Friday mornings and Monday, Tuesday, Thursday, and Friday afternoons. Reservations can be made by calling the office at 978-422-3032.

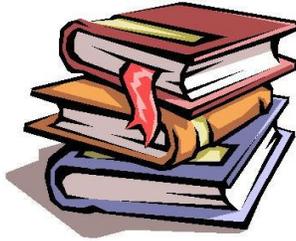
ONGOING EVENTS

COMPUTER CLASS

Wednesdays—9 AM

September 14, 21, 28

Have your computer questions answered. Bring your own device or use ours.



Books, books, and more books!

The Senior Center has books to lend. Large print, mystery, fiction, and love stories. We have it all. Come on down and take a book or two.

BIRTHDAY CAKE

Do you have a Birthday in September? Come Join us for cake after lunch on September 9 at 12:15. Call the day before and make lunch reservation or just come for cake. 978 422 3032

GAME DAY Tuesdays at 12:15 PM

Join us for Mexican Train dominoes, chicken foot dominoes, scrabble, bridge, & more!

Cribbage League— Thursday at 2:30—begins September 8th.

Fun and Prizes. 5 weeks for \$20. Call the Senior Center to sign up!

Wii STERLING/ Wii BOWL Wednesdays at 1:00 PM.

Join our wonderful bowling league. No experience necessary.

Practice every Wednesday and travel monthly to compete in tournaments.

September Book Club - *Boys in the Boat* By Daniel James Brown

Nine Americans and their epic quest for gold at the 1936 Berlin Olympics

Come join us for discussion about this great book!

Health and Wellness

Thursday, September 1 from 10am-12pm— Blood Pressure Clinic sponsored by Sterling Fire Dept

Thursday, September 15 from 12pm-2pm— Elder Keep well nurse will be here for medication questions and blood pressure checks

SENIOR PERK:

Rose at Attitudes Salon in Sterling will give 20% off on perms on Fridays if you book an appointment and show your Myseniorcenter card.

MEDICAL EQUIPMENT

Do you need to borrow a walker or other medical equipment? The Senior Center has equipment to loan out for free. We will also take your gently used equipment. Call us at 978-422-3032 to see what is available.

Meals:

Healthy lunches Monday—Friday at 11:30 AM. We do the cooking and the dishes, so you can come to the Senior Center and enjoy. No one should eat alone all. Please make your reservations 24 hours in advance (by 12 noon). Your \$3.00 donation is appreciated.

Call the meal site at 978-422-3032.

Monday	Tuesday	Wednesday	Thursday	Friday
Van shopping this month: 7- Walmart Leominster 14- Ocean State Job Lot 21- Walmart West Boylston 28- K-Mart Plaza			8-11:30 Coffee /snacks 9:00 Yoga 9:30- Cribbage (drop in) 10:00- Blood Pressure clinic 11:30—Chicken ala king 1:00- Movie and popcorn 2:00- Open Coloring 2:00- Mahjong 2:30- Cribbage League 5:30- Yogalattes	8-11:30 Coffee /snacks 9:00- knitting / crocheting 9:30—Pilates 10:30—Journaling 11:30- Salisbury steak CLOSED AT 12:30
5 HAPPY LABOR DAY! SENIOR CENTER CLOSED	6 8-11:30 Coffee/snacks 9:30- Line dancing 9:30- Open coloring 10:00-Beginners French 11:00-Chair pilates 11:30— Grilled chicken 12:30—Game day	7 8-11:30 Coffee/snacks 9:30- Gentle Chair yoga 10:00-Advanced French 11:30-Chef salad and pasta salad 12:30- Van Shopping trip 1:00—Wii Bowling SHINE- Call for appt	8 8-11:30 Coffee /snacks 9:00—Yoga 9:30- Cribbage (drop in) 11:30—Beef tips 2:00- Mahjong 2:00-Open Coloring 2:30- Cribbage League 5:30- Yogalattes	9 8-11:30 Coffee /snacks 9:00- knitting / crocheting 9:30—Pilates 10:30—Journaling 11:30- Sweet and sour meatballs SEPTEMBER BIRTHDAY CELEBRATION CLOSED AT 12:30
12 8-11:30 Coffee /snacks 8:30- Tai Chi 9:30- Peer writing group 10:00—Exercise 11:30- Lemon chicken 12:30- Zumba 2:00- BINGO \$1 a card	13 8-11:30 Coffee/snacks 9:30- Line dancing 9:30- Open coloring 10:00-Beginners French 11:00-Chair pilates 11:30- Breaded pollock 12:30—Game day	14 8-11:30 Coffee/snacks 9:00- Computer class 9:30- Gentle Chair yoga 10:00-Advanced French 11:30-Chicken stew 12:30- Van Shopping trip 1:00—Wii Bowling	15 8-11:30 Coffee /snacks 9:00—Yoga 9:30- Cribbage (drop in) 11:30—BBQ pork sweet potato 12-2—Elder Keep Well clinic 2:00-Open Coloring 2:00- Mahjong 2:30- Cribbage League 5:30- Yogalattes	16 8-11:30 Coffee /snacks 9:00- knitting / crocheting 9:30—Pilates 10:30—Journaling 11:30- Mac and cheese CLOSED AT 12:30

Monday	Tuesday	Wednesday	Thursday	Friday
19 8-11:30 Coffee /snacks 8:30- Tai Chi 9:30 Peer Writing group 10:00-Exercise 11:30- Beef chili 12:30- Zumba 2:00- BINGO \$1 a card	20 8-11:30 Coffee/snacks 9:30- Line dancing 9:30- Open coloring 10:00-Beginners French 11:00- Chair pilates 11:30- Grilled chicken florentine 12:30-Game day	21 8-11:30 Coffee/snacks 9:00- Computer Class 9:30- Gentle Chair yoga 10:00-Advanced French 11:30- Roast pork 12:30- Van Shopping 1:00-Wii Bowling	22 8-11:30 -Coffee /snacks 9:00-Yoga 9:30- Cribbage (drop in) 11:30-Chicken/rice 2:00- Mahjong 2:00-Open Coloring 2:30- Cribbage League 5:30- Yogalattes	23 8-11:30- Coffee /snacks 9:00- knitting / crocheting 9:30- Pilates 10:30- Journaling 11:30- Sloppy joes CLOSED AT 12:30
26 8-11:30 Coffee /snacks 8:30- Tai Chi 9:30- Peer writing 10:00- Exercise 11:30- Kielbasa cabbage casserole 12:30- Zumba 2:00- BINGO	27 8-11:30 Coffee/snacks 9:30- Line dancing 9:30- Open coloring 10:00-Beginners French 11:00- Chair pilates 11:30- Roasted turkey 12:30-Game day	28 8-11:30 Coffee/snacks 9:30- Gentle Chair yoga 10:00-Advanced French 11:30- Chicken coq au vin 12:30- Van Shopping 1:00-Wii Bowling	29 8-11:30 -Coffee /snacks 9:00- Yoga 9:30- Cribbage (drop in) 11:30- Meatloaf 2:00- Mahjong 2:00- Open Coloring 2:30- Cribbage League 5:30- Yogalattes	30 7:30-PANCAKES 9:00- knitting / crocheting 9:30-Pilates 10:30-Journaling 11:30- NO LUNCH SERVED CLOSED AT 12:30

SEPTEMBER UPCOMING EVENTS

- Sept 8- Managing Loss and Change talk 12:15- All ages welcome
 - Sept 12-Fall Wreath making -12:15pm RSVP. Sponsored by Navicare
 - Sept 15- Potluck Dinner/Recipe Swap-6pm -Bring a friend or come meet some new friends. Food, games, recipes, 50/50 raffle. RSVP to the Senior Center 978 422 3032. Please join us!
 - Sept 16- Luncheon/Safety talk- 11am -RSVP -Sponsored by Sterling Fire
 - Sept 19- Talk by AAA 12:15 -Safe driving tips/when to give up your license
 - Sept 22- Gourmet Magic cooking 10:30-cooking for 1 or 2? Sponsored by Sterling Village Rehab
 - September 26- Fuel Assistance will be here to enroll you. Call for an appointment 9am-12pm
 - Sept 27- CPR Certification class- 6-9pm- RSVP-\$25 donation. Sponsored by Sterling Fire Dept.
- ALL AGES WELCOME. Limit 10 people

NEWS FROM SHINE SEPTEMBER 2016

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information. It explains the changes in your plan for **2017** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**Oct. 15th - Dec. 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!



Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org



"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs.

CENTRAL MASS SHINE WEBSITE You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

**STERLING SENIOR CENTER SHINE COUNSELOR APPOINTMENTS ON
WEDNESDAY, SEPTEMBER 7 -CALL FOR YOUR APPOINTMENT**

Living Memorial Honor
Sterling COA./Senior Center
36 Muddy Pond Road, P.O. Box 243
Sterling, MA 0156
I am enclosing \$ _____
In honor/memory of _____
Donor's name _____
Address _____

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

INFORMATION

Tai Chi— An ancient system of health preservation to increase balance, mood, coordination and bone strength. No experience necessary. \$5 per class. Taught by Joanne Jeneski

Line Dancing— A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. No experience necessary. \$5 per class. Taught by Carol Butler

Zumba— There is no wrong way to Zumba! Have fun with friends as you learn Latin and international rhythms that will keep you moving. No experience necessary \$5 per class. Taught by Amy LeBlanc

Gentle Chair yoga (Wednesdays)- Seated Yoga for stretching and breathing. Enhance your well being. \$5 per class. Taught by Katie Cohen.

Strengthening Yoga- (Thursdays)- Classic yoga for strength and balance. Experience graceful aging. Taught by Katie Cohen. \$5 per class

Pilates (Fridays)- Mostly floor exercise to engage core strength and balance. Taught by Jennifer Davidson. \$5 per class

Chair Pilates-(Tuesday) Adapts floor exercises to a chair for those who have a difficult time on the floor. Taught by Jennifer Davidson \$5 per class

Yogalates- Core strength of pilates with flexibility of Yoga. Taught by Jennifer Davidson. \$5 per class

French Class— It is never to late to learn the basics of a new language. Beginner and advanced French taught by Norman Plourde. This is an 8-week class. Free

Knitting/Crocheting—If you like to knit and/or crochet, come join us. We will be choosing a charity to donate to. Yarn donations are greatly appreciated. FREE

Open coloring—Adult coloring is a great way to relieve stress and be creative. We have supplies or bring your own. Bring a friend. Free

Journaling to Tell Your Life Story—Learn how to organize your thoughts on paper. Learn how to keep track of memories. \$5.00 a class. Taught by Lex Thomas.

Peer Writer’s Group— Do you write? Bring something you have written for a friendly constructive peer review and discussion. Open to all levels. Free.

Mahjong— Chinese Dominos. Do you play Mahjong or want to learn to play? Join us for a great game.

Yoga and Flexibility : Yoga with Katie

“I can’t do Yoga, I’m not flexible enough” I hear this statement time and time again.

Did you know that you do NOT need to be flexible to do Yoga!

Yoga in fact gently increases your flexibility with regular and on-going classes and practice over time.



Area Food Pantries:

Wachusett Food Pantry: 978-563-1064

Distribution on Friday before 3rd Saturday of the month 9am-11am

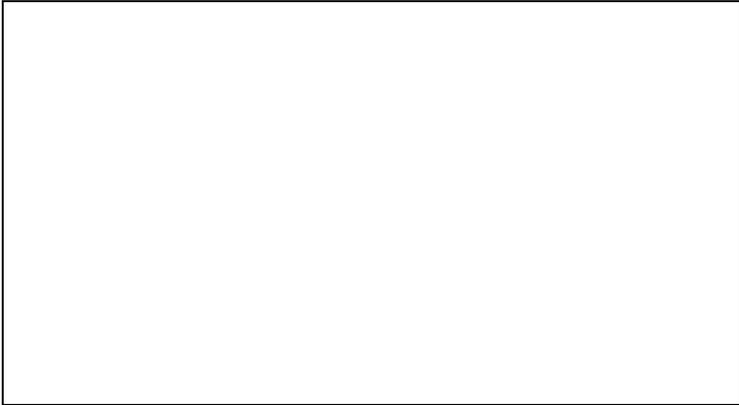
WHEAT (Clinton): Food Pantry 508-370-4943

Tuesday, Wednesday, Thursday from 10—1

St. Richard’s: 978-422-8881 Food Pantry- Mondays and Thursdays 10-1

Sterling Council on Aging
36 Muddy Pond Road
PO Box 243
Sterling, MA 01564-0243

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Being a caregiver, while very rewarding, can be isolating. The Senior Center is looking to start a Calling Circle. This Calling Circle would be caregivers calling caregivers to check in and give verbal support. Someone who is going through similar circumstances. If you're interested in more information call Hollie @ 978-422-3032.



Volunteers needed!

We are still looking for volunteers to help out in the kitchen for the morning and lunch shifts. Morning shift is from 7:30-8:30, and lunch is from 11:00 to 1:30. Please contact Liz Pape 978 422 8301. Help us make your Senior Center a success.

Elder Services of Worcester Area, Inc. invites you to the Rainbow Lunch Club at the Unitarian Universalist Church, 90 Holden Street, Worcester. Now held on the 2nd and 4th Wednesday of every month at noon: social hour follows.

Reservations required: 508-756-1545 x 404. Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Questioning and Allies) Elder Community, 60+

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